

# WASHINGTON AREA SENIOR CITIZENS CENTER SEPTEMBER 2024 NEWSLETTER

## The Center

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Welcome to the Washington Area Senior Citizens Center. We have been providing services for older adults since 1970. Funding for the Senior Center is provided by the Southwestern PA Area Agency on Aging, Inc. through a block grant from the Pennsylvania Department of Aging.

**WE'VE RECEIVED  
MANY COMPLIMENTS  
ON OUR NEWLY  
PAINTED BUILDING.  
WE ARE NOW IN THE  
PROCESS OF  
GETTING SIGNAGE  
TO COMPLETE OUR  
RENOVATIONS SO  
EVERYONE KNOWS  
WHO WE ARE.**

## SPUD NIGHT

See page 6 about a  
new game.



## NOTES FROM THE CENTER

### **DRIVEN BY HOPE AWARD**

Ask Washington Area Senior Center Executive Director Barbara Miller to describe her workplace, and she will tell you it's a vital part of the community. "I would describe it as a place for seniors to get socialization, education, nutrition," says Miller, who started in her role about two-and-a-half years ago. "Many of the seniors who come here live alone. We know that socialization and the nutrition aspect, sharing a meal with somebody is one of the biggest things about keeping people alive and well and entertained and to feel like they're part of something. When people live alone, they might eat a bowl of soup, but they don't eat a meal."

Providing nutritional meals and some company to dine with is only part of the center's mission and the reason Washington Area Senior Center is this month's recipient of the Driven By Hope Award sponsored by the Washington Auto Mall. "I feel like my job is to keep people wanting to come here," says Miller. "And also drawing on other people who have never been to a senior center so that they come in the doors and see what we're doing. Isolation can be very dangerous to seniors."

Whether it's putting together a day trip to the Pennsylvania Trolley Museum or to see exhibits in Pittsburgh or enjoy a Gateway Clipper cruise, the center is buzzing with activity. "We've tried to do a lot of things this year because that seems to be the No. 1 thing – They want to get out. They want to do stuff; they want to be a part of living."

Miller also incorporates educational programming throughout the schedule, including hosting guests for educational talks on topics like avoiding scams that target senior citizens and the importance of proper nutrition and medication dosing. "I think that giving people hope, you know, when you've got something to look forward to ...life is so much more exciting."

Transportation can be a challenge as people age, but Freedom Transit will take seniors to the center at 69 West Maiden St. in the city for free. Once there, however, there's another need: an elevator so everyone can access the entire building. Miller says, so far, the cost of installing one has been prohibitive.

"Obviously we always need money. We have a big fundraiser every year called Spud Night, and it's Oct. 12th this year. We have a goal of making \$10,000 this year." The first year they held the event, it only brought in \$800 but has grown since.

Membership for seniors is \$5 per year. From hosting craft get togethers, Bible study or exercise classes that draw participants between the ages of 60 and 97, Miller says she loves this important part of the community. "It's really worthwhile work," she adds. "When you think about the fact there are going to be something like 68 million seniors in the next few years, keeping them healthy, keeping them active. This affords people that ability to get here to participate."

The nonprofit operates on donations, grants and funding from the Local Share Account gaming revenue along with support from the Washington County Community Foundation.

*Spud Night will be held Oct. 12 at the Alpine Club in Washington. Tickets are \$10 and include a large baked potato and all of the toppings, salad and dessert. Games and a 50/50 raffle are also part of the evening.*

To donate or volunteer, contact the Washington Area Senior Center at (724) 222 8566 or visit [washpaseniors.org](http://washpaseniors.org).

**Article in the Observer Reporter July 28, 2024**

# P U Z Z L E

## BASEBALL SLANG

Y M S K I P P E R Y U A Y N D  
W A P H T R O N E I Y H W G R  
P L U N K E D L B A Z O O K A  
G S W H E E L S K V D P Q P T  
O D C F E A T R T T T L U O S  
M N J G K B E H N D P C O H U  
O A H U T G E E S L D J V T M  
O R D S N H S P A W L Y U R K  
N G G I I K E T M L E R D O B  
S Z D L G D E H A U N E O H E  
H M L H A I T B O T L H P S N  
O O O B P Y T I W L E S O W D  
T L X K P A A O I Z E R I W E  
D O Y V E X O R U H E A T E R  
U O O M R K D H D T E Y W M Q

ALLEY

BAZOOKA

BENDER

DIG IT OUT

DINGER

DISH

DRILLED

GAPPER

GRAND SLAM

HEATER

HOLD

HOOK

JUNK

MEATBALL

MOONSHOT

MUSTARD

NORTHPAW

PLATE

PLUNKED

SENT DOWN

SHORT HOP

SKIPPER

SLUMP

SMOKE

SWEEP

TATER

THE HILL

THE HOLE

TURN TWO

WHEELS

YARD

# M E N U

# S E P T E M B E R 2 0 2 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>September 2</u></p> <p><b>CLOSED FOR LABOR DAY</b></p>	<p><u>September 3</u></p> <p>Pot Roast Mashed Potatoes Carrots Pineapple Wheat Bread</p>	<p><u>September 4</u></p> <p>Chicken Parmesan Mixed Vegetables Penne w/sauce Dessert</p>	<p><u>SEPTEMBER 5</u></p> <p>Cheeseburger Broccoli Roasted Potatoes Cookie Ketchup</p>	<p><u>SEPTEMBER 6</u></p> <p>Chicken Fritters Mashed Potatoes Corn Mandarin Oranges Wheat Bread</p>
<p><u>SEPTEMBER 9</u></p> <p>Roasted Pork Haluski Peas &amp; Carrots Jello</p>	<p><u>SEPTEMBER 10</u></p> <p>Tuna Salad Sandwich Three Bean Salad Tomato Basil Soup Fresh Fruit</p>	<p><u>SEPTEMBER 11</u></p> <p>Pepperoni Roll Side Salad Mixed Vegetables Dessert</p>	<p><u>SEPTEMBER 12</u></p> <p>Breakfast Burrito Diced Potatoes w/ Peppers Yogurt Fresh Fruit</p>	<p><u>SEPTEMBER 13</u></p> <p>BBQ Pulled Pork Succotash Sweet Potatoes Fresh Fruit</p>
<p><u>SEPTEMBER 16</u></p> <p>Baked Ham German Potato Salad (warm) Green Beans Pineapple Wheat Bread</p>	<p><u>SEPTEMBER 17</u></p> <p>Egg Salad Sandwich Cucumbers w/ Italian dressing Vegetable Soup Orange</p>	<p><u>SEPTEMBER 18</u></p> <p>Turkey Burger Sweet Potato Fries Broccoli Dessert</p>	<p><u>SEPTEMBER 19</u></p> <p>Meatloaf Mashed Potatoes Carrots Pudding Wheat Bread</p>	<p><u>SEPTEMBER 20</u></p> <p>Sausage Alfredo Cauliflower &amp; Peas Apple</p>
<p><u>SEPTEMBER 23</u></p> <p>Roasted Chicken Scalloped Potatoes Brussel Sprouts Cookie Wheat Bread</p>	<p><u>SEPTEMBER 24</u></p> <p>Swiss Steak Mashed Potatoes Beets Applesauce Wheat Bread</p>	<p><u>SEPTEMBER 25</u></p> <p>Spaghetti &amp; Meatballs Green Beans Side Salad Dessert Dressing</p>	<p><u>SEPTEMBER 26</u></p> <p>Hot Dog Oil &amp; Vinegar Coleslaw Baked Beans Watermelon</p>	<p><u>SEPTEMBER 27</u></p> <p>Three Cheese Pasta Butter Garlic Spinach Cauliflower Pudding</p>
<p><u>SEPTEMBER 30</u></p> <p>BBQ Pulled Pork Sweet Potatoes Succotash Fresh Fruit</p>	<p>Meals are served from 11:00—12:15. All meals come with milk and all meals are subject to change. A suggested meal donation of \$2.00 for those over 60 years and older. A \$5.95 donation for those under 60 is acceptable. <b>LARGER DONATIONS ARE ALWAYS WELCOME.</b></p>			

**WHEN MAKING LUNCH RESERVATIONS AT THE SENIOR CENTER, PLEASE CALL 724-222-9321 AT LEAST 24 HOURS IN ADVANCE. THANK YOU.**

# SEPTEMBER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>SEPTEMBER 2</u></p> <p><b><u>CLOSED FOR LABOR DAY</u></b></p>	<p><u>September 3</u></p> <p>On the Move 10:30</p> <p>EUCHRE 12 :00</p>	<p><u>September 4</u></p> <p>Casey and Hannah Painting 12:30</p>	<p><u>SEPTEMBER 5</u></p> <p>SilverSneakers 9:00 SilverSneakers 9:50 SilverSneakers 10:30</p> <p>On the Move 10:30</p> <p><b>CARD CLUB 12:30</b></p>	<p><u>SEPTEMBER 6</u></p> <p><b>BINGO 12:30</b></p>
<p><u>SEPTEMBER 9</u></p> <p>SilverSneakers 10:30 (Cardio) SilverSneakers 11:30 (MSROM)</p> <p><b>DARTBALL 12:30</b></p>	<p><u>SEPTEMBER 10</u></p> <p>On the Move 10:30</p> <p>EUCHRE 12 :00</p>	<p><u>SEPTEMBER 11</u></p> <p>BIBLE STUDY 9:30</p> <p>SENIOR LIFE BINGO 12:30</p>	<p><u>SEPTEMBER 12</u></p> <p>SilverSneakers 9:00 SilverSneakers 9:50 SilverSneakers 10:30</p> <p>On the Move 10:30</p> <p><b>CARD CLUB 12:30</b></p>	<p><u>SEPTEMBER 13</u></p> <p><b>BINGO 12:30</b></p>
<p><u>SEPTEMBER 16</u></p> <p>SilverSneakers 10:30 (Cardio) SilverSneakers 11:30 (MSROM)</p> <p><b>DARTBALL 12:30</b></p>	<p><u>SEPTEMBER 17</u></p> <p>On the Move 10:30</p> <p>EUCHRE 12:00</p>	<p><u>SEPTEMBER 18</u></p> <p>BIBLE STUDY 9:30</p>	<p><u>SEPTEMBER 19</u></p> <p>SilverSneakers 9:00 SilverSneakers 9:50 SilverSneakers 10:30</p> <p>On the Move 10:30</p> <p><b>CARD CLUB 12:30</b></p>	<p><u>SEPTEMBER 20</u></p> <p><b>BINGO 12:30</b></p>
<p><u>SEPTEMBER 23</u></p> <p>SilverSneakers 10:30 (Cardio) SilverSneakers 11:30 (MSROM)</p> <p><b>DARTBALL 12:30</b></p>	<p><u>SEPTEMBER 24</u></p> <p>ON THE MOVE 10:30</p> <p>EUCHRE 12:00</p>	<p><u>SEPTEMBER 25</u></p> <p>BIBLE STUDY 9:30</p> <p><b>BINGO 12:30</b></p>	<p><u>SEPTEMBER 26</u></p> <p>SilverSneakers 9:00 Cardio SilverSneakers 9:50 Yoga SilverSneakers 10:30 MSROM</p> <p>On the Move 10:30</p> <p><b>CARD CLUB 12:30</b></p> <p>WASHINGTON COUNTY SENIOR LIFE EXPO 10—2</p>	<p><u>SEPTEMBER 27</u></p> <p><b>BINGO 12:30</b></p>
<p><u>SEPTEMBER 30</u></p> <p>SilverSneakers 10:30 (Cardio) SilverSneakers 11:30 (MSROM)</p> <p><b>DARTBALL 12:30</b></p>	<div style="border: 2px solid magenta; padding: 10px; display: inline-block;"> <p><b>PLEASE NOTE THAT SOME LISTED ACTIVITIES MAY BE ADDED OR CANCELLED DUE TO THE PUBLICATION DATE OF THE NEWSLETTER.</b></p> </div> <div style="border: 2px solid green; padding: 10px; display: inline-block; margin-left: 20px;"> <p><b>THE EVER POPULAR SPUD NIGHT WILL BE ON OCTOBER 12 FROM 3:00 TO 7:30 AT THE ALPINE CLUB. PLEASE COME AND ENJOY POTATOES WITH TOPPINGS, RAFFLE BASKETS, AND OTHER GAMES.</b></p> </div>			

# A C T I V I T I E S

MONDAY AND THURSDAY MORNINGS— Silver Sneakers is a low impact workout. Classes include range of motion and muscle strengthening, cardio, and yoga. Chairs, balls, resistance bands, and hand weights are used.

MONDAYS — Dartball is similar to baseball, but uses darts.

TUESDAYS—Euchre in the afternoons at 12:00.

WEDNESDAYS—Bible Study is held in the mornings with speakers from the community.

THURSDAYS —Card Club (500 bid) in the afternoons.

FRIDAYS—Bingo at 12:30 in the afternoon.

Were you there when Elvis visited us on June 25? Everyone had a great time at the wedding reception of Georgiann and Lyle.



## SPUD NIGHT — OCTOBER 12

The new game is called “Bag a Bottle.” We need your help — the more bottles we have, the more money we make for the Center. Please bring in a bottle such as ketchup, mouthwash, wine, fruit juice or whatever suits your fancy.



The newlyweds



### WASHINGTON SENIOR CENTER STAFF

BARBARA MILLER...EXECUTIVE DIRECTOR  
LYNNE COWDEN...ADMIN ASSISTANT / FINANCE MGR  
AMY MIECZKOWSKI...CUSTOMER SERVICE ASSIST / CLERK

## SEPTEMBER BIRTHDAYS AND MORE!

Sep 1 — Linda Bergman  
Sep 1 — Kathleen Cox  
Sep 2 — William McCullough  
Sep 2 — Dolores Podolek  
Sep 2 — Joy Thompson  
Sep 3 — Nancy La Bella  
Sep 3 — Michael Slobodin  
Sep 4 — Donald Graff  
Sep 5 — Theoma Deml  
Sep 5 — Marian Stillwell  
Sep 6 — Lois Griffin  
Sep 6 — Roosevelt McPhail  
Sep 7 — Vivian Fanase  
Sep 7 — Darlene Reese  
Sep 9 — James Broderick  
Sep 9 — Patricia Cherry  
Sep 9 — Karen Pochiba

Sep 9 — Carolyn Zanardelli  
Sep 11 — Maureen Sliman  
Sep 12 — Robert Bakattis  
Sep 14 — Russell Fiem  
Sep 14 — Jean Snider  
Sep 15 — William Simms  
Sep 16 — June Dicks  
Sep 16 — Virginia Santelli  
Sep 17 — Ron Vickless  
Sep 22 — Margaret Sonson  
Sep 24 — Christy Andree  
Sep 24 — Ruth Swart  
Sep 26 — Richard Jablonski  
Sep 27 — Barbara Waychoff  
Sep 29 — Marjorie Fenton  
Sep 29 — Shareen Ludwin  
Sep 29 — Carl Supler

Exciting things are happening here at the Washington Senior Center and we need your help! We are sprucing up the building inside and out and we are also working to increase our membership. To do that, we need to—first—see who are already members here and update our membership list. If you know of anyone who is no longer a member or—sadly—who may have passed away—please let Barb, Lynne or Amy know so we can update our lists. We have so many exciting things coming up through the end of the year and we hope you can be with us for each and every one of them. And remember, if you have any suggestions, we want to hear them. After all, the Washington Senior Center is YOUR place to meet...greet and eat! Thank you!